

4 Steps: Jump In Jump Out ICEBREAKER

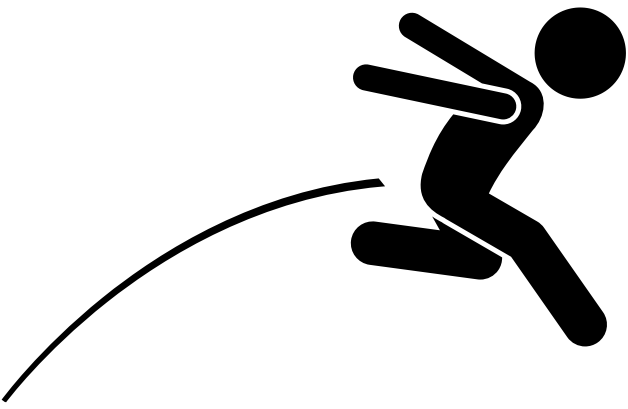
1

Standing in a circle, explain that you will say one of these four directions: Jump In, Jump Out, Jump Left, or Jump Right.



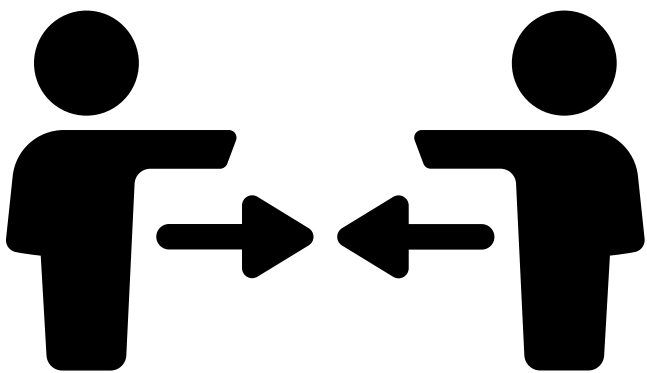
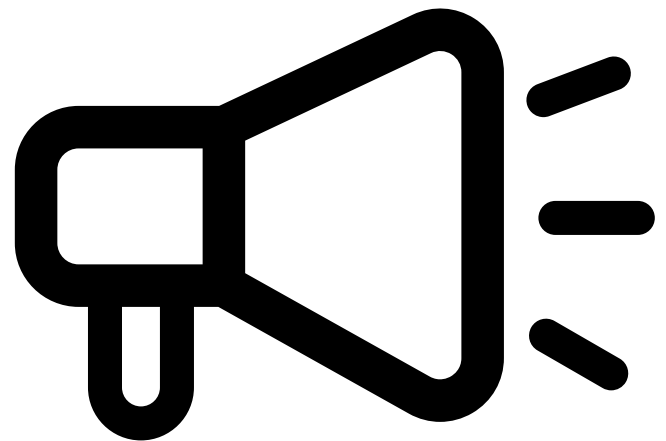
2

When you do, everyone must take a small jump in that direction and repeat what you say as they jump. Do a couple of rounds (10 or so).



3

Once they have that instruction down, you can up the challenge by instructing them to jump the way you say but to say the opposite direction while jumping.



4

Version/challenge 3 is to jump the opposite, but say the same as what the facilitator says.

